



Fishing 101 Outline

(The Cliff note version)

This handout contains the material you are expected to cover with students to prepare them for their day of fishing. It is important that they master these skills so they have a successful day of fishing. While it is tempting to “do it for the kids,” please take the time to allow each of them to learn the information and master the skills you are teaching.

Introduction

Today we will talk about fishing and learn basic skills of fishing. By the end of the day you will know how to tie a knot, set up a rod and cast your line. You will also learn about proper safety while fishing. In a couple of weeks you will go out fishing.

What do they already know?

- *Who has been fishing before?*
- *What did you enjoy about it?*
- *What do you know about fish?*
- *What do you know about fishing?*

Safety

Fishing is fun, but you have to do it safely. Before you start fishing, there are several things to remember...

- *What types of things could be hazardous when fishing?* (Sharp objects, rod tips, weather, fast-moving water, drowning, fish-inflicted injuries)
- *What do you need to do to be safe?* (Let other people know where you are going, bring sun protection, water, and wear a life jacket—especially if you don't know how to swim)
- *How could the equipment you use hurt yourself or those around you? How should you handle your rod and reel and hooks to insure you and the people around you are safe?* (Keep pole tips up, keep hooks firmly attached to eyelet when carrying the rod, be aware of what is happening around you)

Ethics

*A good angler always keeps three things in mind while fishing: Show respect for other **people**, the **fish** and the **environment**. How do you show respect for these things?* (Fishing quietly, removing litter, keeping only legal size fish and only what you will eat, not disturbing other anglers or people using the lake)

Using the “Be a Good Sport” poster, ask students to identify how the people in the picture could improve what they are doing.

Knots

Knowing how to tie a knot is basic to all fishing. You must know at least one good knot to be able to fish. There are many different kinds of fishing knots. We are going to use one of them—the Improved Clinch Knot.

Demonstrate the knot using one of the students. Put the students in pairs and give each a rope and two knot cards. Have each student (in their pairs) tie the knot. Be sure each student can successfully tie the knot.

Place the knot poster in front of the class so they can use it as a guide.

The Fishing Rod

Hold up a rod and identify the parts: rod, reel, guides (eyelets), and thumb stop. (Don't cover the drag mechanism.)

Demonstrate how to release the line. Have students pull line out and put it through the guides. Have each student tie a casting plug on the line using the knot they just learned.

Holding the rod parallel to the floor, demonstrate what happens when you press the button on the reel (nothing). Releasing the button will release the line. (Do not have them cast in the classroom.)

Casting Demonstration

Have students demonstrate the safe way to carry their poles (tips up and pole perpendicular to the ground).

Encourage them to hold the pole about 12" above the reel. This forces them to hold it perpendicular to the ground.

Demonstrate how to release the line and how to reel it in.

1. Hold the rod
2. Look behind you
3. Place the rod over your shoulder
4. Press thumb stop
5. Swing forward and release button at one o'clock

Allow students to practice casting.

When finished, have students remove the casting plug, pull the line out of the guides, tie a washer on the end of the line and reel in. The washer should rest on the reel. Emphasize safety—it is important that students always look around before casting!

Wrap up

Ask if they have any questions. Explain they will each receive a tackle box and be able to go fishing on whatever date is appropriate for the group. Give each student a copy of the “Kids Book of Fishing”.

Tell them how excited you are (don't lie) about the upcoming fishing day.

Materials List

- ☐ fishing rods
- ☐ Safety & Ethics poster
- ☐ knot tying poster
- ☐ knot tying cards (one per student)
- ☐ ropes to practice knot tying (1 for every 2 students)
- ☐ casting plugs
- ☐ nail clippers (10 pair)